**Does music affect the way we exercise?**

-For runners music provides motivation, inspiration and distraction over long distance races such as marathons.

-Scientists say that the four key connections with running and music are rhythm response, musicality, cultural impact and association.

-The first two topics are internal examples, which mean the structure of the music, and the last two examples are examples, which are the way we feel and interpret the music.

-Rhythm response is linked to the beats per minute of the song and the heartbeat of the person running.

-A songs melody and rhythm contribute to its musicality.

-The external factors relate to the persons musical background and the genre of music that the person prefers.

-Picking the right music to listen to while racing or exercising can benefit you in many ways: syncing beats per minute with an exercise pace can increase your efficiency.

-Music can help to block out negative thoughts such as thinking of stopping, giving up or quitting

- A recent study has shown that cyclists who cycled in time to the music rather than having it in the back round required to breathe in 7 percent less oxygen.

-The synchronisation of music in swimming improved endurance by 15%

- It also affects aerobic fitness, heart rate and repertory system

-Music can reduce fatigue while doing exercise

-Upbeat music with a strong beat can enhances cardiovascular exercise such as running

- Music with a slower rhythm and lower volume can help to enhance exercise such as yoga

-Improves motor co-ordination

-Music is a mood enhancer it can pick up your spirits during a hard work out

-It can decrease the chance of injury because music helps co-ordination

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